



Staffordshire ASA Championships 2020 Relays and Skins



Warm up procedure

- Clockwise 1, 3, 5 & 7, anticlockwise 2, 4, 6 & 8
- No diving in any lane during general warmup
- Sprints from start end only

Session 1 - Schedule

09:00 – 09:20 Men's general warmup, lanes 1 - 8

09:20 – 09:25 Men's starts, lanes 1 – 6

09:20 – 09:25 Men's sprints, lanes 7 & 8

09:25 – 09:45 Ladies general warmup, lanes 1 - 8

09:45 – 09:50 Ladies starts, lanes 1 – 6

09:45 – 09:50 Ladies sprints, lanes 7 & 8

Session 2 – Schedule (approx. timings)

12:45 – 13:05 Ladies general warmup, lanes 1 - 8

13:05 – 13:10 Ladies starts, lanes 1 – 6

13:05 – 13:10 Ladies sprints, lanes 7 & 8

13:10 – 13:30 Men's general warmup, lanes 1 - 8

13:30 – 13:35 Men's starts, lanes 1 – 6

13:30 – 13:35 Men's sprints, lanes 7 & 8